> 06 Arrested developments

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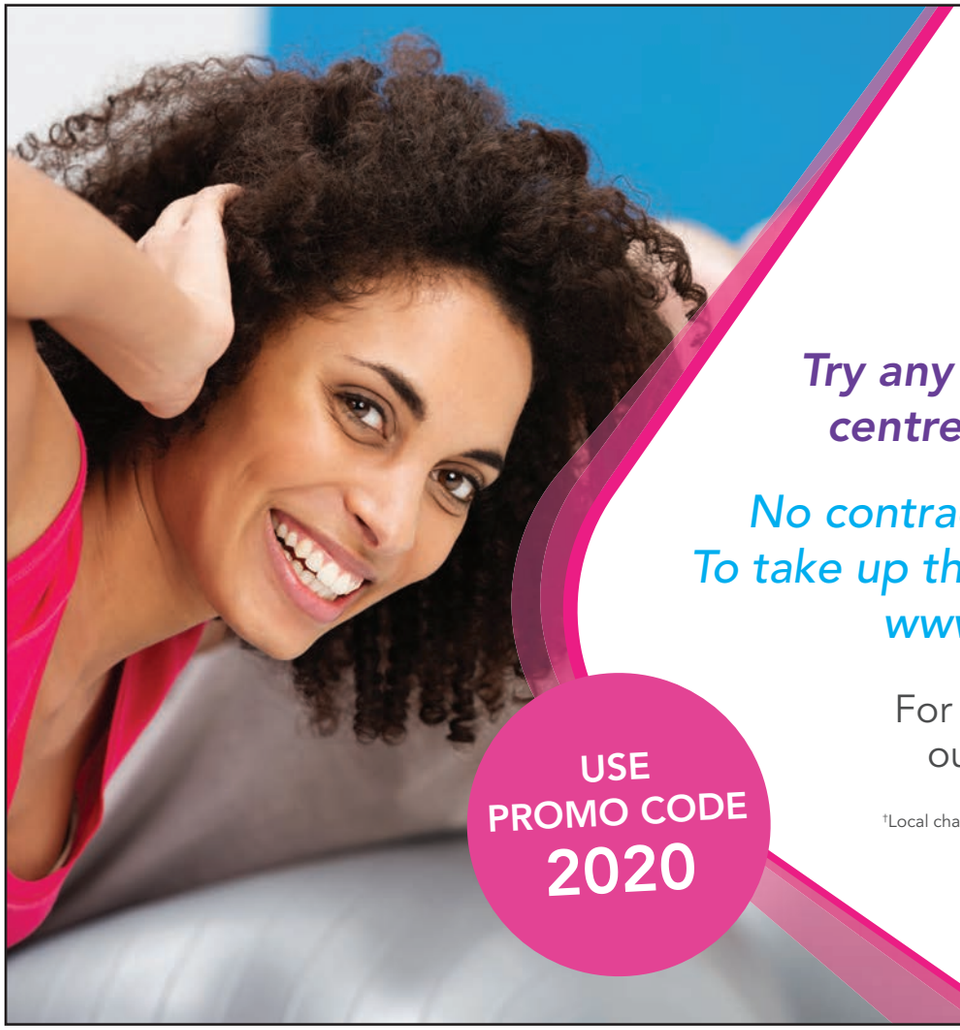
thenewhammmag

issue 298 // 25 April – 9 May 2014

Walk this way

A new walking route on the horizon (p20)



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No contract or membership required. To take up this exciting offer please visit www.joinactiveNewham.org.uk

For more information please contact our Call Centre on 0844 414 2728†

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†Local charges apply from a BT landline but charges from other networks may vary.

in partnership with Newham London

active newham

Newham London

Revised May Day Bank Holiday refuse and recycling collection days

Collection day	Revised Collection Day
Mon 5 May	Tues 6 May
Tues 6 May	Wed 7 May
Wed 7 May	Thurs 8 May
Thurs 8 May	Fri 9 May
Fri 9 May	Sat 10 May

Normal collections resume from Monday 12 May

Most recycling collections are now fortnightly.

Household waste remains a weekly collection.

Residents should visit **my.newham.gov.uk** for their collection calendar.

recycle

visit **www.newham.gov.uk/recycling**

the newham mag

Look out for the next issue from 9 May 2014

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25 April 2014 // issue 298

We're less than a month away from Mayoral, local council and European elections, which will be taking place on 22 May. If you're not registered to vote time is running out. Read more about election preparation on page 8.

Turn to page 18 to read part two of our exclusive interview with the stars from *Fings Ain't What They Used T' Be*. This issue we speak to popular member of Spandau Ballet, Gary Kemp, about his first foray into musical theatre.

There's also a chance for you to apply for a grant to host a Big Lunch event in your neighbourhood (p11) and win tickets to Zippo's Circus (p23).

Enjoy the read

The Newham Mag team

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Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit **www.newham.gov.uk/lovenewham**

IN BRIEF //

School choir pipes up

Pupils from Godwin Junior School in Forest Gate joined a massed choir at the Royal Festival Hall in London's Southbank Centre, for the inauguration of its newly restored pipe organ.

Following a £2.3m restoration, it was the first concert with the organ since 2005, and included performances of Mendelssohn, Liszt and Bach.

Holly Hunter, manager at the Southbank Centre, said: "All the singers were impeccably behaved, sounded fantastic, and showed incredible commitment to the project."

Fraudster is foiled

A Newham Council tenant who illegally sub-let her property for more than a year has been ordered by Bow County Court to pay back the £6,900 profit she made.

Temitayo Adesokan, 40, was renting out her two bedroom council property in Mountfield Road, East Ham, to a family of four while she lived in Barking and Dagenham. Her tenants stopped paying rent after discovering she did not own the property.

If you suspect anyone of committing tenancy fraud against the council call 020 3373 3258 or 020 3373 3261 in confidence and action will be taken.

Blood donor sessions

The NHS blood and transplant service is holding donor sessions at the Baitul Ahad Mosque in Tudor Road, Upton Park, on Tuesday 13 May, 1-3pm and 4.30-7.30pm.

In general, as long as you are fit and healthy, weigh more than 7st 12lbs (50kg) and are aged between 17 and 66 (up to 70 if you have given blood before) you should be able to give blood.

For more information, or to book an appointment, visit **www.blood.co.uk** or call 0300 123 2323.

Arrests after raids

The damaged offices at Interlink College

Newham Council and Newham Police renewed their appeal for help to stop illegal raves after three people were arrested at two illegal parties last month.

More than 100 people attended a rave at Interlink College in High Street, Stratford, causing substantial damage to the building. Two people were arrested and two vehicles and noise equipment was seized.

More than 200 people attended the second rave at the former Timesco premises in Knights Road, Silvertown. Police closed the party down and one person was arrested for possessing a Class A drug.

The council and police can use enforcement and licensing powers to try to stop raves, pay parties or unlicensed music events before they start.

If you have information that could assist police in relation to unlicensed music events call 101 or Crimestoppers anonymously on 0800 555111. To contact the council's enforcement and safety team call **020 8430 2000** or visit **www.newham.gov.uk**

Ping Pong is served up

Trying out Ping Pong in Manor Park

Ping Pong Newham, a campaign to encourage older and disabled people to take up table tennis, has been launched.

Newham Council is working with the BRITDOC Foundation to introduce the game into community centres, care homes, health centres and daycare centres across the borough's eight community hub areas.

The campaign has been launched off the back of an inspirational film made by BRITDOC in association with Channel 4 TV, which follows eight people playing in the over-80s World Table Tennis Championships.

More than 120 older and disabled residents attended the launch of Ping Pong Newham with young people at the Little Ilford Youth Zone in Manor Park. More than half signed up for details of where to take part. Ten community groups also registered and each received a free starter pack containing a DVD, bats, balls and a net. For more information call **020 3373 8323** or email **Zakir.Adam@newham.gov.uk**

News

Town centre plans approved

Newham Council's Strategic Development Committee has approved plans from Bouygues Development for the next phase of Hallsville Quarter, Canning Town's new town centre.

The second phase of the £600m scheme will see a mixed-use development delivered, providing an estimated 2,337 jobs and 340 new homes. A 196-bedroom hotel, retail and restaurant units are also included within the plans.

The homes will be made up of private sale, private rented and affordable units. Private communal spaces and internal courtyards elevated above ground level will be included.

Hallsville Quarter is a key part of the council's £3.7bn Canning Town and Custom House Regeneration Programme. It will create a new and thriving district centre with a wide range of amenities. The first of the five phases is under way and includes 179 new homes and a Morrisons supermarket. It is expected to be completed early next year.

An artist's impression of Hallsville Quarter

Every child offered a primary school place

Every Newham child is guaranteed a place at a primary school in September following the release of London-wide primary schools admission data.

Newham Council received 4,696 applications by the closing date of 15 January. Of these applications for places, 1,955 were online and 2,741 were paper applications. Some 4,262 applicants were offered a place at their first preference school, the best performance in London.

Overall, 98.66 per cent were offered a place at one of their six preferences and 97.89 per cent were offered a place at one of their first three preferences.

Only 1.34 per cent could not be offered a place at any of their preferred schools. Applicants have been offered places at the closest school to their home which still had places available. In the majority of cases, these were schools within a mile or their home. No child was offered a place at a school which was more than 1.5 miles from their home.

Exercise is no cause for alarm

The London Fire Brigade stages one of the largest and most comprehensive training exercises in its history this weekend, with fire crews and other emergency services taking part in a major three-day event in the Royal Docks.

The exercise runs from midday on Saturday to midday on Monday at the derelict Victorian Millennium Mills building. More than 220 emergency service personnel will take part.

Wayne Brown, Brigade Borough Commander for Newham, said: "There will be a large number of firefighters, police officers and paramedics in the Docklands area. Some fake smoke and flames will be used to make the exercise seem as realistic as possible, but there is no cause for alarm. Please dial 999 if there is a genuine emergency."

If you have any questions, contact Andy Roe, group manager, London Fire Brigade, on 020 8555 1200, extension 31007.

WHAT GOES UP MAY COME DOWN

From illegal outhouses to eyesore extensions, the council comes down hard on landlords, businesses and homeowners who disregard planning rules. Our planning enforcement officers have come across developments which not only look awful but can also be dangerous and substandard.

Using an innovative combination of planning and housing enforcement law, Newham Council has seen great success in combating both rogue landlords and 'beds in sheds'.

To ensure any adaptations to properties and buildings are undertaken sensitively and to a proper standard, council planning enforcement officers regularly visit homes and businesses in the borough. In the past year, more than 2,000 visits have taken place, resulting in enforcement action against these featured properties, and many more.

UNAUTHORISED CHANGE OF USE: FLATS AND LOFT CONVERSION

This property in Marlborough Road, E7, had been legitimately converted into four flats in the 1980s. The owner subsequently, without planning permission, split the homes and added a large, unauthorised roof extension to create a total of 11 flats.

The owners appealed against the council's enforcement notice. The appeal was dismissed by the Planning Inspectorate's inspector, who described the property as having... *"some of the meanest living accommodation that I have ever seen. None of the flats provide what can be considered decent living accommodation. I conclude... that the development causes serious harm to living conditions for occupants".*

The enforcement notice was later complied with in full, the original roof reinstated and the property returned to its lawful use as four flats.

BEFORE
The scale of the unauthorised roof extension

AFTER
The original 'butterfly' roof is reinstated

UNAUTHORISED FRONT CANOPY

An unauthorised canopy erected over the forecourt of this business on Romford Road, E12, was ordered to be removed. The structure was illegally built and the materials used were not in keeping with the building's original structure or the area.

The owners applied for retrospective planning permission, which was refused by the council. They appealed the original enforcement notice and the refusal of planning permission.

The Planning Inspectorate partly dismissed the appeal, upheld the council's enforcement notice and required the removal of almost all the structure commenting: *"It is of excessive bulk and ungainly proportions as compared with the host building… the canopy is over dominant in relation to adjacent units, which can be concealed from view when looking along the street."*

The enforcement notice was complied with in full and the structure amended.

BEFORE The illegally built canopy

AFTER The canopy has been removed

BEFORE The large smoking shelter

AFTER All that remains of the structure is rubble

UNAUTHORISED SMOKING SHELTER

An unauthorised shelter for smokers built at the rear of this former public house in Dames Road was having a significant impact on nearby homes.

An enforcement notice ordering its demolition was served and the owners then applied for retrospective planning permission, which was refused by the council.

The owners appealed both decisions to the Planning Inspectorate, who dismissed the appeal and upheld the council's enforcement notice saying: *"…the development adversely affects the character and appearance of the building and surrounding area, as well as the living conditions of neighbouring residents by way of the potential for increased levels of noise, disturbance and pollution".*

Despite numerous warnings, the owners failed to comply with the enforcement notice. The council instructed its contractors to demolish the structure and bill the owners for the work. A week before this action was due to take place the structure was removed by the owners.

Planning a build?

Before you undertake any major building work which could have an impact on a property or the surrounding environment, check with the council to see if you require planning permission. For more information visit **www.planningportal.gov.uk** or **www.newham.gov.uk/planning**

To report a suspected illegal building or extension email **planningenforcement@newham.gov.uk**

COUNTING DOWN TO 22 MAY

On Thursday 22 May residents will head to polling stations to take part in the largest mass participation event of the year, the 2014 elections. As voting day draws closer, Newham Council is preparing to ensure everything goes smoothly before counting, verifying and announcing the results of Newham Mayor, local council and European elections.

Preparation is everything

It only takes seconds to vote, but years of planning goes into delivering an election. Every year voter registration forms are sent out by the council, along with follow up visits to ensure that residents' records are up-to-date should an election be called unexpectedly.

Recently, a number of things have been done to ensure everyone who can vote on 22 May is able to:

- **200,000 voter registration letters have been hand delivered to Newham homes**
- **20,000 requests for postal vote requests have been sent to residents**
- **126 buildings have been secured for use as polling stations on 22 May**
- **192,774 polling cards will be hand delivered**
- **103 canvassers have visited homes throughout the borough to obtain or confirm the details of residents who did not return their voter registration form**
- **500 people will be employed to count votes in Newham.**

Almost all staff employed to help with elections are Newham residents

22 May, one day, three elections

On 22 May, you can vote in up to three elections:

Newham Mayor: vote for your first choice candidate by marking a cross (X) in the first choice column. Vote for your second choice candidate by marking a cross (X) in the second choice column. If you only mark a first choice, your vote will still be counted. You can choose not to mark a second candidate.

Local councillor: vote for up to three candidates in your local ward.

European: vote once for your chosen party or independent candidate.

VOTING AT NEWHAM POLLING STATIONS STARTS AT 7am AND ENDS AT 10pm.

Counting down

After ballot boxes have been brought together, they will be escorted by police on Thursday evening to the centre where the count will take place. Postal votes will be counted from 10pm followed by verification of all ballot papers.
The count for Newham Mayor and local councillors will begin at 9am on Friday 23 May. The count is complete once all votes have been counted and verified.

The results are likely to be declared on Friday 23 May by the returning officer, Newham Council chief executive Kim Bromley-Derry. The European elections will be counted on Sunday and will likely be declared on Sunday night, in line with the rest of Europe.

Did you know?

Being registered for Council Tax does not mean you're registered to vote. Find out more at www.aboutmyvote.co.uk/register

Can't get to the polling station?

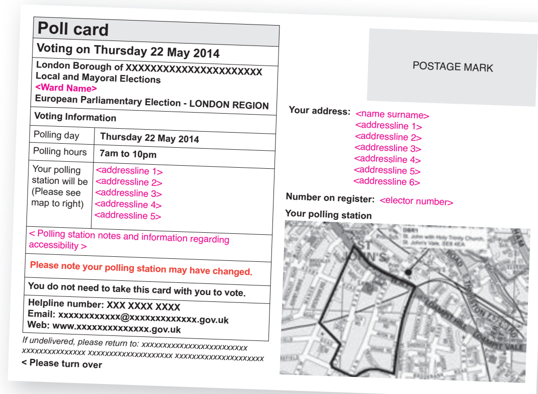
You can apply for a proxy vote if you're unable to get to the polling station on polling day, and nominate someone to vote on your behalf. The deadline for proxy votes is 14 May. Visit **www.aboutmyvote.co.uk** to download a form and apply. You will need to state why you're unable to visit a polling station. All proxy vote applications should be sent to Electoral Services, Room 38, Newham Town Hall, Barking Road, London, E6 2RP.

What happens next?

You should have received a polling card through the post. This will include details such as your allocated polling station and a map of its location. A booklet with the details of all Newham Mayor candidates and their manifestos will be sent to all electors in Newham. You don't need your polling card to vote but it may make the process quicker if you have it when you go to vote.

YOU CAN ONLY VOTE AT YOUR DESIGNATED POLLING STATION.

If you need to know where your polling station is but cannot find your polling card go to **www.newham.gov.uk/elections** and enter your postcode.



Poll card

Voting on Thursday 22 May 2014

London Borough of XXXXXXXXXXXXXXXXXXXXXX
Local and Mayoral Elections
<Ward Name>
European Parliamentary Election - LONDON REGION

Voting Information

Polling day	Thursday 22 May 2014
Polling hours	7am to 10pm
Your polling station will be (Please see map to right)	<addressline 1> <addressline 2> <addressline 3> <addressline 4> <addressline 5>

< Polling station notes and information regarding accessibility >

Please note your polling station may have changed.

You do not need to take this card with you to vote.

Helpline number: XXX XXXX XXXX
Email: xxxxxxxxxxx@xxxxxxxxxxxx.gov.uk
Web: www.xxxxxxxxxxxxx.gov.uk

If undelivered, please return to: xxxxxxxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxxx

< Please turn over

POSTAGE MARK

Your address: <name surname>
<addressline 1>
<addressline 2>
<addressline 3>
<addressline 4>
<addressline 5>
<addressline 6>

Number on register: <elector number>

Your polling station

A sample polling card

Why you should register to vote

- **You can have your say on issues that matter to you.**
- **The electoral roll is checked when you apply for credit. Anything from a mobile phone contract to a mortgage could be declined if you're not registered to vote at your current address.**
- **Not registering is against the law. If you're not registered to vote you could be fined up to £1,000.**
- **The electoral roll is used to call citizens for jury service.**

Register to vote before 6 May at www.newham.gov.uk/elections

USE YOUR VOTE

Have your say on 22 May. Find out more at www.aboutmyvote.co.uk The deadline to register to vote is Tuesday 6 May

Young Peer Support Planners, (l-r) Daniel Watson, Ameena Khan, Chris Fuller, Rania Ramli and Felix Labwo

Support when you need it

Five residents are taking part in a pilot project that trains disabled young people and young carers with similar needs to work together to develop care support plans.

The group of young peer support planners help disabled people and carers to lead more active and independent lives by assisting them to create tailor-made care support plans.

The plan sets out a customer's care needs, their future outcomes and how they intend to achieve them. It is delivered using the customer's personal budget, giving them greater choice and control over support services they receive.

A care support plan is usually completed by the customer, with the help of their family, friends, carers, a social worker or an independent support planning service. However, young people often find it easier to talk to someone like them who is more familiar with their concerns and ambitions.

Following training, five young peer support planners have been matched with young disabled customers or carers with similar interests. By helping to create bespoke support plans for their customers, the group are gaining valuable work experience.

Rania Ramli, 15, has always wanted to support young disabled people to confront the challenges they face. The pilot has provided her with the perfect opportunity to do this: "Through this project, I can help other young people, like myself, with the struggles they face," she says.

Fellow peer support planners Felix Labwo, Ameena Khan, Daniel Watson and Chris Fuller agree. Chris, 23, has a learning disability and has been supported by Newham Council to live independently. He hopes he can inspire other young people to achieve their best: "I want to help other young people develop, and to say to them: 'I did it, you can do it too'."

The young peer support planners are working with a mentor from the council's adult social care service who will support them throughout the pilot, which is run by Newham Council in collaboration with the East London Foundation Trust and Jobcentre Plus.

For more information about young peer support planning email **Sandra.Herman@newham.gov.uk** or **Angela.Ingleton@newham.gov.uk**

Feed your community spirit

If you thought there was no such thing as a free lunch think again. To mark this year's nationwide Big Lunch, we're offering grants of up to £250, or £500 in exceptional cases, to help you relax and enjoy time with your neighbours.

The Big Lunch is an annual, nationwide event, which offers you the chance to hold a gathering that brings the community together. The event works by everyone contributing something to the gathering. Using people power and a 'bring something' ethos, neighbourhoods can enjoy a great afternoon getting to know each other.

This year, the Big Lunch takes place on Sunday 1 June. Here are some ideas about how you can organise your own event:

Pitch up in a park

With more than 30 parks and open spaces in Newham, you're never far away from greenery. Set the date, pick a park and tell your friends to head down with a picnic to share.

Explore your community

There are lots of community spaces in the borough that can be used to host your Big Lunch event. From halls in places of worship to schools and community centres, get in touch with people or organisations in your area to see if they can help you host your Big Lunch event, or join in with events they may have planned.

To find out more about local venues you could use to host your Big Lunch event, email your name and address to communitygrants@newham.gov.uk

Ideas for your Big Lunch

Ask your neighbours to make a dish from their favourite country to bring to the lunch. From jellied eels to spicy curries, prepare to be amazed with what could be on offer.

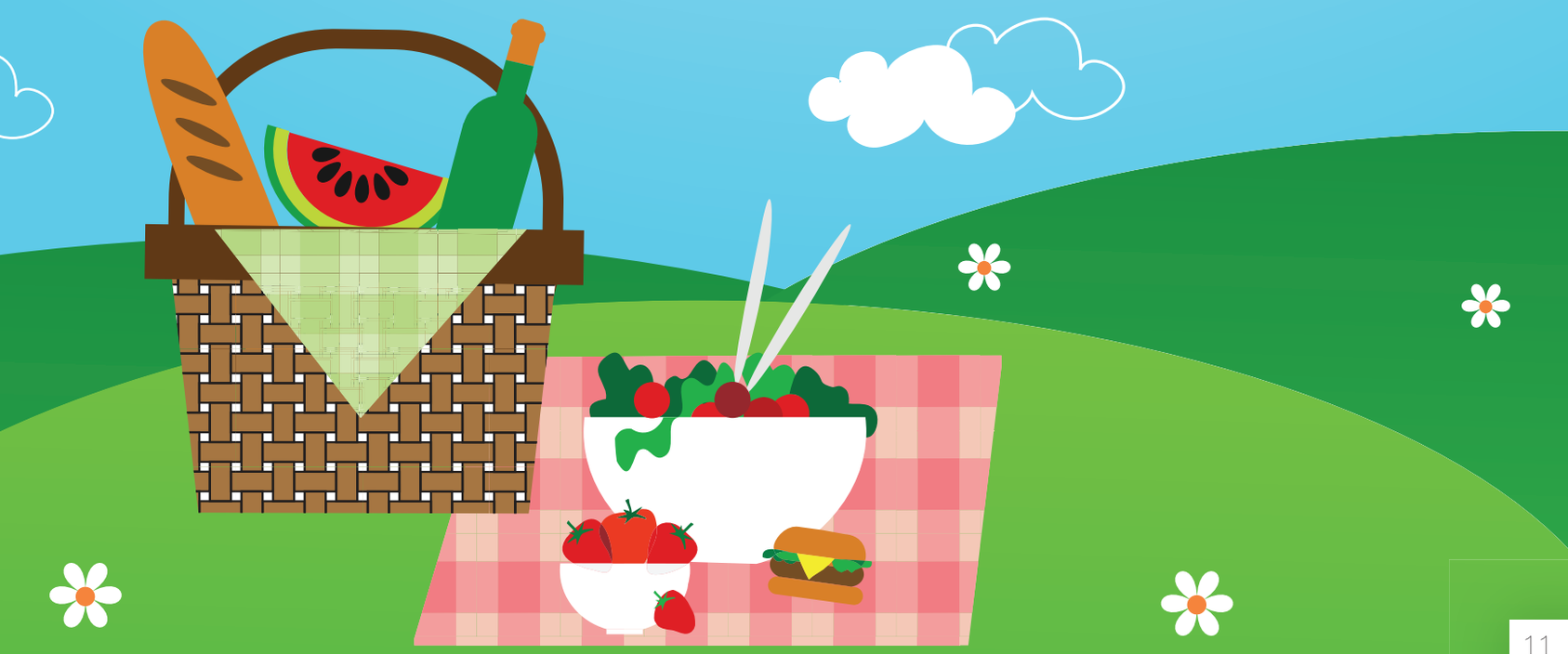
Incorporate some fun and games into your Big Lunch. From egg and spoon races to tug-of-war, entertainment and activities bring people together and can make the event more enjoyable.

Start planning your Big Lunch

To be considered for Let's Get the Party Started (LGtPS) funding, your Big Lunch, or other community event, should be held in Newham, be open to the whole community and benefit Newham residents.

For more information on how to apply for LGtPS funding visit **www.newham.gov.uk/grants**

For more details on the Big Lunch visit **www.thebiglunch.com**



Newham London

London Borough of Newham

Planning Application submitted by ABP (London) Investment Limited

The following planning applications submitted to the London Borough of Newham are advertised under Article 13 of the Town and Country Planning (Development Management Procedure) (England) Order 2010 (as amended) and in accordance with all other relevant statutory requirements arising pursuant to the Town and Country Planning Act 1990 (as amended) and the Planning (Listed Building and Conservation Areas) Act 1990 (as amended) and the Town and Country Planning (Environmental Impact Assessment) Regulations 2011.

Public Consultation – Major Planning Application accompanied by an Environmental Statement, affecting the setting of two Grade II Listed Buildings, which is not in accordance with one or more provisions of the development plan in force and, which affects a Public Right of Way.

Application Site: Land North of Royal Albert Dock, off Royal Albert Way, Millman Road and Dockside Road, London E16

OFFICER: Amanda Reid
Application Number: 14/00618/OUT

CBRE Limited acting on behalf of APB (London) Investment Limited has submitted a hybrid planning application for up to 437,185 sq. m (GEA) of floorspace with part submitted in outline and part submitted in detail to the London Borough of Newham on the 31 March 2014, where:

The Outline Component of the application seeks approval of the matter of 'Access' only, with the matters of 'Appearance', 'Landscaping', 'Layout' and 'Scale' reserved for subsequent Local Planning Authority approval for a comprehensive business-led mixed used development comprising a maximum of 374,067 sq. m (GEA) (excluding maximum basement of 47,417 sq. m (GEA)) of floorspace for the following uses:

- business use (Use Class B1) up to 256,757 sq. m (GEA);
- retail, financial and professional services, food and drink uses, community and cultural , and assembly and leisure uses (Use Classes A1, A2, A3, A4, A5, D1 and/or D2) up to 9,839 sq. m (GEA) of flexible floorspace;
- residential uses (Use Class C3) up to 86,891 sq. m (GEA) including ancillary facilities of 14,202 sq. m and not exceeding 845 residential units;
- car parking structures and energy centre (Sui Generis Use) 20,580 sq. m (GEA); and,
- new servicing routes, highways and landscaping, public realm improvement works, provision of public open space, access, and associated development.

The Detailed Component of the application seeks detailed approval for a total 63,118 sq. m (GEA) of floorspace comprising business (Use Class B1) up to 48,986 sq. m (GEA), serviced apartments (Sui Generis Use) up to 8,565 sq. m (GEA) and not exceeding 180 serviced apartments, retail, financial and professional services, food and drink uses, community and cultural , and assembly and leisure uses (Use Classes A1, A2, A3, A4, A5, D1 and/or D2) up to 5,567sq. m (GEA) of flexible floorspace, temporary car park (up to 330 car parking spaces) hardstanding (Sui Generis Use) and temporary energy centre (Sui Generis Use) (including a temporary access road and associated works for these uses), access and connectivity improvements, landscaping and public realm improvements, open space provision and associated development, and the change of use of the existing Grade II Listed Dock Manager's Office building to a leisure use (Use Class D2) and, the change of use of the Grade II Listed Central Buffet building to a restaurant use (Use Class A3/A4).

THIS MAJOR APPLICATION IS ACCOMPANIED BY AN ENVIRONMENTAL STATEMENT FOR THE PURPOSES OF ENVIRONMENTAL IMPACT ASSESSMENT.

THIS APPLICATION AFFECTS THE SETTING OF TWO GRADE II LISTED BUILDINGS.

THIS APPLICATION AFFECTS A PUBLIC RIGHT OF WAY.

THIS APPLICATION PROPOSES LAND USES WHICH ARE NOT

IN ACCORDANCE WITH ONE OR MORE PROVISIONS OF THE DEVELOPMENT PLAN IN FORCE.

The application can be viewed online at: **www.newham.gov.uk/pa** where you will be able to view the plans and other documents relating to the application, as well as send your views. Copies have also been deposited at Beckton Library, 1 Kingsford Way, London, E6 5JQ and, The Place, 2 Silvertown Way, London E16 1EA.

The planning application is being considered by the London Borough of Newham as the Local Planning Authority. Any person wishing to make representations relating to the application should do so online at **www.newham.gov.uk/pa** or in writing quoting the planning application number to the officer identified above at Newham Dockside, 1000 Dockside Road, E16 2QU no later than **30th May 2014**. Please note that if you have not submitted comments by this date, the application may have already been determined in which case your views will not be able to be taken into account. Representations already received will be taken into account by the London Borough of Newham as part of the assessment of the application.

In addition, members of the public may inspect copies of the Environmental Statement, additional information, any revisions and/or amended drawings and the other application documents at the following location (the opening hours listed below are accurate at the time of writing):

Newham Dockside, 1000 Dockside Road, E16 2QU (London Borough of Newham) by prior appointment only – email Amanda.Reid@newham.gov.uk or, call 020 3373 3164. (Between 10am-4pm Monday to Friday.)

Members of the public may obtain hard copies of the original Environmental Statement (ES) at a cost of £450 (ES Volume I), £250 (ES Volume II) and, £600 (ES Volume III). CD copies of the ES (Volumes I, II and III) and the Non-Technical Summary are priced at £20 each. All prices quoted exclude postage and packaging. All Environmental Statement documents are available from: Luke Cadman, CBRE Ltd., St. Martin's Court, 10 Paternoster Row, London EC4M 7HP.

Application Site: Dock Manager's Office, corner of Millman Road and Dockside Road, north of Royal Albert Dock, London E16 2QH

OFFICER: Amanda Reid
Application Number: 14/00616/LBC

Description of Development: Application for Listed Building Consent for the refurbishment and re-use of a Grade II listed building (Dock Managers Office), for both internal and external works to be undertaken as part of the Phase 1a Detailed Component of the overall hybrid planning application (14/00618/OUT) for the wider Royal Albert Docks site, submitted separate but in parallel to this application.

The planning application is being considered by the London Borough of Newham as the Local Planning Authority. Any person wishing to make representations relating to the application should do so online at **www.newham.gov.uk/pa** or in writing quoting the planning application number to the officer identified above at Newham Dockside, 1000 Dockside Road, E16 2QU no later than **30th May 2014**.

Application Site: Central Buffet, corner of Millman Road and Dockside Road, north of Royal Albert Dock, London E16 2QH

OFFICER: Amanda Reid
Application Number: 14/00617/LBC

Description of Development: Application for Listed Building Consent for the refurbishment and re-use of a Grade II listed building (Central Buffet), for both internal and external works to be undertaken as part of the Phase 1a Detailed Component of the overall hybrid planning application (14/00618/OUT) for the wider Royal Albert Docks site, submitted separate but in parallel to this application.

The planning application is being considered by the London Borough of Newham as the Local Planning Authority. Any person wishing to make representations relating to the application should do so online at **www.newham.gov.uk/pa** or in writing quoting the planning application number to the officer identified above at Newham Dockside, 1000 Dockside Road, E16 2QU no later than **30th May 2014**.

MEET THE BUYER EVENT HOSTED BY BOUYGUES UK

Bouygues UK has been appointed to construct Phase One of the Hallsville Quarter regeneration project. Phase One consists of the construction of a Morrisons superstore and 179 apartments. Hallsville Quarter is the new £600 million town centre that is being created to establish a lasting legacy for Canning Town.

We are hosting a "Meet the Buyer" event on 7th May 2014 from 9.00am - 1.00pm:

The Place
2 Silvertown Way
London
E16 1ED

We would like to welcome any local construction subcontractors and suppliers to discuss opportunities on this exciting project.

For further details please contact Andrew Halls:
0207 401 0020 | andrew.halls@bouygues-uk.com | www.bouygues-uk.com

Newham London

BOUYGUES UK

www.hallsvillequarter.co.uk

Be clear on bowel cancer

Bowel cancer is the fourth most common cancer in the UK, with more than 40,000 people diagnosed with the disease every year. Spotting it early makes it much more treatable.

The Be Clear on Cancer campaign tells people what symptoms to look out for, and encourages those that are eligible to be screened.

If for the past three weeks you've had blood in your poo or it's been looser than usual, tell your doctor straight away – don't wait for a screening test.

Get tested

There are two types of screening tests available to help detect bowel cancer at an early stage:

> **If you're aged 60 to 74 then you'll be sent a bowel cancer screening test every two years. Taking the test, which can be undertaken at home, and returning it could save your life.**

> **Bowel scope screening, also known as flexible sigmoidoscopy, is a one-off test offered to men and women at the age of 55. Make sure you attend your screening appointment if you're offered one.**

Bowel cancer, know the signs

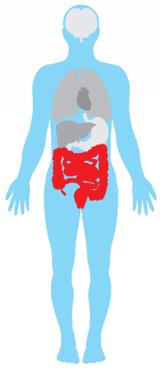
Dr Zuhair Zarifa, chair of NHS Newham Clinical Commissioning Group, said: "Ten per cent of deaths from cancer in Newham are due to bowel cancer. Other symptoms to look out for include unexpected weight loss, extreme tiredness for no reason, and a pain or lump in your tummy. Most symptoms will not be bowel cancer, but it's important to see your GP if you're concerned."

Bowel cancer is more common in men. The lifetime risk of developing bowel cancer in the UK is one in 14 for men and one in 19 for women. Eighty per cent of cases occur in people over the age of 60.

Reduce your risk

> A diet that is high in fibre (fruit, vegetables, cereals, wholegrains) and low in processed meats (like bacon or sausages) can help reduce your risk of bowel cancer.

> Cutting down on alcohol, maintaining a healthy weight and taking plenty of exercise also can help to reduce your risk.



For more information, visit the NHS Choices website www.nhs.uk

Newham in pictures

1 A site for small eyes. Pupils from Upton Cross Primary School, E13, get a first look inside their new school building. **2** With a heart full of song Gallions Primary School, E6, give it their all at their annual Spring concert. **3** Can we build it? Yes we can! The new building at North Beckton Primary School, E6, takes shape. **4** Pupils from Portway Primary School, E6, are balled over at the end of term fête. **5** Students from NewVIc, E13, perform at the Private Peaceful event at East Ham Customer Service Centre and Library.

WORKING CLASS HERO LAYS DOWN THE LAW

Pop star and actor Gary Kemp has performed with his band Spandau Ballet in front of millions around the world, so you'd think nothing about his next job at Theatre Royal Stratford East (TRSE) would worry him. Well, you'd be wrong.

"I was just introduced to the choreographer for the first time," he says with some trepidation after a photo shoot for the new production of *Fings Ain't Wot They Used T'Be*. "I really am a dance virgin."

Gary has done serious stage work before in the West End but the show at TRSE will be his first foray into musical theatre, and he's looking forward to it: "I just love performing, whether it is with the Spandau boys or as a straight actor, but this is something new."

Gary admits as a performer there is something magical about being on stage, but thinks it's the same for an audience too: "Being in the same room, we are all part of the performance. If you watch a movie you are not affecting the drama that is happening in front of you. Nothing can go wrong. But when the curtain opens, anything can happen. That's what makes me slightly nervous.

"Going to the theatre is more of an event than going to the movies. When I watch a play I have to dress up because there is something wonderful and exciting about taking part as an audience because every performance is unique."

Fings, which runs at TRSE from Thursday 8 May to Sunday 8 June, tells of an East End and Soho lifestyle in the 1950s, before the days of rock and roll. It was originally developed at TRSE in 1959 by director Joan Littlewood and is being revived as part of the celebrations marking Littlewood's centenary. Gary plays copper Inspector Collins and leads the cast with Jessie Wallace from TV's EastEnders.

> "We all like a bit of nostalgia. I love the earthiness of *Fings*. It is gritty and it is real, but it is also very witty and escapist."

He said: "I've known Jessie for a while, and done gigs with her musician partner Tim Arnold, but the two of us have never worked together properly, though she has worked with my brother Martin. She is going to be incredible and I'm thrilled to be working with her. She is genuinely proper, proper London working class and there couldn't be any better casting for this."

It is Joan Littlewood's legacy to the working class that Gary particularly admires. He said: "Joan changed people's attitudes. There would probably not have been EastEnders without her. She understood that working class people didn't have a voice, especially in London, because the snobbery that epitomises class is focused in London. Theatre is the last bastion of class and that's true to this day. Joan tried to change all that with the original *Fings* all those years ago.

"We're now in a period where so many of our finest actors went to Eton. This profession is still class ridden. There isn't enough working class theatre. Many of us are here because of what Joan did. She opened the door for a lot of people. It is an honour to be performing the show here in Stratford. I am sure we have her blessing. And of course, it is an important part of Lionel Bart's story, one of our greatest musical theatre writers ever."

The show has music and lyrics by Bart, who also wrote the music for *Oliver!*. It's largely faithful to the original production. The script has been slightly adapted to enhance the story and some of Bart's other songs from the period have been added.

Gary added: "We all like a bit of nostalgia. I love the earthiness of *Fings*. It is gritty and it is real, but it is also very witty and escapist. We're only here for four weeks so people better come and see us."

Tickets for *Fings* start from £7. To book or find out more visit www.stratfordeast.com

Gary Kemp

Walk The Line

Megan Piper is the co-founder of a proposed gallery without walls or boundaries. The Line is a sculpture walk along the waterways from Queen Elizabeth Olympic Park to the O2. As she explained: "It's called The Line because it broadly follows the symbolically important line of the Greenwich Meridian, the home of time."

Art dealer Megan first mused about the iconic project after she was introduced to Newham boy David Bailey at his Bailey's East End exhibition, hosted by Newham Council in 2012. She said: "I called my original idea 'inside out' as the project is about liberating existing works of art that are squirreled away in storage, hidden from public view. I wanted to bring great works outside for people to see and enjoy."

What's the aim of The Line?

"The Line is about providing an environment that is stimulating, fun and interesting, and opening up an amazing bit of the natural landscape. All the locations we have identified for the sculptures are next to water. That walk is one of London's best-kept secrets. Having views of the city, Victorian gas holders and brutalist architecture alongside kingfishers and herons is unique. I don't know anywhere else that has that."

What do you think The Line will bring to Newham?

"Everything that we see influences us. The things that we surround ourselves with have an impact on the way we think and see the world. I hope that introducing visually interesting, challenging, thought-provoking, new artworks to the area will inspire and inform. We are also looking to develop an app for The Line so that people will be able to navigate, pull up information about the artists and their work, as well as the history of the area."

How are you making it happen?

"I talked to Turner Prize-winning artist Mark Wallinger about the idea.

"At the moment the project isn't receiving any public funding and is being privately financed. We used a platform called Spacehive and have raised £141,000 through crowdfunding. Around 300 individuals, organisations and trusts have already contributed.

"One of the exciting things about this idea is its resourcefulness. Working with existing works of art means that we can move quickly. We have had more than 70 proposals from artists, including some very big household names. The selection is very broad. People can expect work on very different scales, work in bronze and steel and colourful works. There is figurative as well as abstract work."

What next?

"A lot of work! Having selected the artwork we can finalise the budgets and get planning applications in. I have to say that Newham Council are being fantastically supportive of the project. They are brilliant to work with.

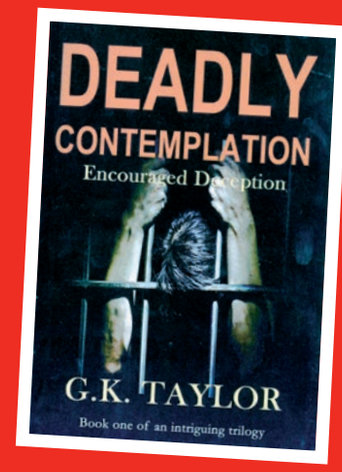
"We would like The Line to open in mid-July, before the summer holidays, so that it can be a free day out for families, children and people coming to London for the summer."

How can people get involved?

"People can contact us directly through our website. We're keen to work with schools, local residents and young people. There are some great organisations in Newham doing some great work. We also want to work with groups like Cody Dock, the House of Fairy Tales, the Canal & River Trust, House Mill and Stratford Rising. It is important to work with organisations who have local roots and meaningful connections with the community."

To find out more about The Line visit www.the-line.org
Follow @thelinelondon on Twitter or @thelinelondon on Instagram.
Befriend them on Facebook www.facebook.com/thelinelondon

Win a deadly thriller



Newham author G.K. Taylor is offering you the chance to win a copy of his first novel *Deadly Contemplation*.

The first of a trilogy, the thriller features murder, lies and family ties and follows emotional events that unravel after a relationship ends.

To be in with a chance of winning a copy of *Deadly Contemplation* answer this question:

Which of these is not crime fiction?

1. The Big Sleep
2. The Cat in the Hat
3. The Maltese Falcon

Email your answer, your name, address and telephone number to **newham.mag@newham.gov.uk** or send it to The Newham Mag, 1000 Dockside Road, London, E16 2QU, by Friday 9 May.

You can buy the book from Newham Bookshop, 747 Barking Road, E13. For more information visit **www.gktaylor.co.uk**

Funding joy for Fight for Peace

A computer generated image of the new east London academy

Fight for Peace has been awarded £500,000 government funding to develop their east London academy in the Royal Docks.

The charity combines boxing and martial arts with education and personal development to turn young people away from crime.

This year Newham Council gave Fight for Peace a 25-year lease for their site and they now have the £1.8m total needed to expand the project.

The council has granted planning permission and building is due to start in May.

Once open, the new state-of-the-art building, with more classrooms and multiple sports training areas, will be able to help up to 1,500 young people each year.

For more information visit **www.fightforpeace.net**

WIN: Circus comes to town

Caught in the act: A Zippo's Circus performer

Strong-man Hercules

Zippo's Circus is returning to Barking Road Recreation Ground, E6, from 8 to 13 May with their brilliant new 2014 production Unchained.

The new show stars globally-renowned clowns the Rastellis. Guinness World Record-holding strong man Hercules and flying acrobats from Cuba.

Zippo's is giving away ten family tickets, which admit two adults and two children to any performance in Newham (subject to availability). To be in with a chance of winning send your name, address, and telephone number to The Newham Mag, 1000 Dockside Road, London, E16 2QU, or email **newham.mag@newham.gov.uk** by Friday 2 May.

Visit **www.zippos.co.uk** for more information.

Homeless residents shine

Lee (r) with Monsignor John Armitage, Chair of Trustees at Anchor House

Canning Town's Caritas Anchor House held an awards ceremony to recognise the hard work and achievements of its residents and staff.

Guests were treated to entertainment which included performances from Forest Gate's St Angela's and St Bonaventure's Sixth Form. One resident, Lee Tomlin (pictured), also gave a poetry recital, which was especially poignant as Lee was illiterate before arriving at Caritas Anchor House. This achievement also saw her win the award for most inspirational resident.

Overall, 40 residents were presented with certificates for their hours spent volunteering.

To find out more about Caritas Anchor House visit **www.caritasanchorhouse.org.uk**

Cancer support

Cancer charity, MacMillan, will be parking Dougie, their mobile information bus, outside Stratford Library, The Grove, E15, on Tuesday 29 and Wednesday 30 April.

From 10am-4pm, anyone affected by cancer can drop in for free, face-to-face, confidential advice and emotional support.

In Britain, one in three people will get cancer during their lifetime. MacMillan campaigns for better cancer care and provides practical, medical and financial support, including the MacMillan nurses.

Find out more at **www.macmillan.org.uk**

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

Gallery

Nosaibah Tahir, 8

Sharmiya Ratnam, 7

Winner

Savannah Nyarko, 7

Sumaya Begum, 10

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Poem

The Monster

I have a little monster,
His name is Jonster.
He has funny ears,
Although, he causes fears.
His friend Lonster.
He is a big and fat monster.
Jonster sends him letter,
That makes him feel better.
Jonster goes school too,
And always plays bogus boo!
One day, Mrs Shario says:
'Ok monsters, we are going to learn about plays.'
Mrs Shario says to Jonster 'what do you think?'
And he turns really pink!

By Zahin Wajiha, age 7

Colour-me-in Wordsearch

A	O	L	S	R	E	Y	W	L	A	M	C	I	T	E	N	T	Z	E	S
U	F	A	C	K	L	P	P	H	B	A	P	B	I	R	H	W	S	E	A
H	Z	G	N	B	R	E	V	E	I	R	T	E	R	G	D	E	C	O	I
A	S	R	H	T	U	A	O	R	A	P	E	S	G	E	W	O	L	F	N
U	E	E	C	A	A	N	N	C	N	R	P	O	E	T	R	A	T	S	T
H	C	D	K	P	N	T	S	T	O	I	D	E	N	L	U	W	E	N	B
I	I	O	D	S	E	H	R	S	P	L	P	W	T	B	D	L	N	I	E
H	L	L	F	R	H	E	O	O	L	I	L	I	N	A	G	O	E	B	R
C	S	F	R	A	N	G	R	U	W	T	O	I	P	A	N	L	O	D	N
A	I	I	R	E	X	O	B	T	N	N	A	D	E	E	E	D	O	P	A
S	E	A	R	T	S	T	U	S	D	D	L	B	D	T	L	O	K	P	R
R	S	A	E	Y	L	E	I	N	A	P	S	R	E	K	C	O	C	P	D

Afghan Hound	Cairn Terrier	Poodle
Beagle	Chihuahua	Retriever
Boxer	Cocker Spaniel	Saint Bernard
Bulldog	Collie	Whippet

WHAT'S ON? 25 APRIL – 9 MAY

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1. **The Something Event** – Saturday 17 May, from 12noon. Bands, stalls, workshops, DJs, kids' play areas, food, drink and lots more. Cody Dock, 11c South Crescent, E16 **www.unitygroove.org**

2. **Dog agility** – Thursday 15 May, 11am-4pm. Come and see how clever your dog can be – running through tunnels and weaving through poles. Free. Plashet Park, Plashet Grove, E6

3. **Muck in and Help out** – Saturday 17 May, 9.30am-3pm. Lend a hand at the new pop-up community garden and growing space. Core Landscapes, Silvertown Way, E16, opposite Hallsville Road. Visit **www.core-landscapes.co.uk**

MENTION THE MAG...

You can have your cake and eat it when you mention the *Newham Mag* at Marjorie's Caribbean Cuisine & Take Away, 596 Barking Road, E13.

Marjorie's specialise in jerk chicken and curried goat, so why not shake up your taste buds and give this offer a go?

Made to a family recipe, all the way from Jamaica, **throughout May get a free slice of mouth-watering West Indian dark cake, when you make any purchase at Marjorie's and mention the *Newham Mag*.**

TRY SOMETHING NEW...
EAST LONDON IN FLUX

Whether you're a long term resident of Newham or have just moved to the area, learn about the new East End at these special free talks, visits and walks that focus on the area's regeneration, history, arts and heritage.

Organised by Fundamental Architectural Inclusion and Birkbeck University, the events start on Saturday 3 May at 10am with an informal guided tour of Queen Elizabeth Olympic Park. Evening talks are being held on the third Wednesday of each month.

Booking is essential. For more information and to secure your place visit **www.eventbrite.co.uk** and search for East London in Flux.

Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night
Mon, 8pm, Theatre Royal, Gerry Raffles Sq, E15. Visit www.stratfordeast.com/comedy-night

UNDER-FIVES LIBRARY ACTIVITIES

Storytelling (under 5s)
Mon, 10.30-11.30am, Custom House
Mon, 11am-12noon, Beckton Globe
Tues, 10.30-11.30am, Canning Town
Tues, 11am-12noon, The Gate, Stratford
Thurs, 2-3pm, North Woolwich, Plaistow
Fri, 11am-12noon, Manor Park, Stratford, Green St
Thurs (during term time), 9.45-10.45am, East Ham

Music and Rhyme
Tues, 10.30-11.30am, Custom House

YOUNG PEOPLE'S LIBRARY ACTIVITIES

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and much more.
Tues, 4-5.30pm, Custom House
Thurs, 4-6pm (term time only), Canning Town
Thurs, 4-5.30pm, Forest Gate

Homework Club (7-14yrs)
Mon, 3.30-5.30pm North Woolwich
Mon, 4-5.30pm East Ham
Mon, 4-6pm Stratford
Wed, 3.30-5.30pm Green St, Manor Park
Thurs, 4-6pm Custom House,

Plaistow
Fri, 3.30-5.30pm Beckton, Canning Town
Sat, 10am-12noon The Gate

Board Games Club (7-13yrs)
Play chess, Checkers, Ludo, Pictionary and many more free activities.
Thurs (during term time), 4.30-6pm, North Woolwich

Young People's Book Club (7-13yrs)
Come and talk about your favourite books.
Tues (during term time), 3.30-4.30pm, North Woolwich

OTHER LIBRARY ACTIVITIES

Knit & Natter (16+yrs)
Wed, 10am-12noon, Beckton
Fri, 10am-12noon, Canning Town
Tues, 10.30am-12.30pm, Manor Park

Adult Reading Groups
Thurs 1 May, 6.45-7.45pm, Plaistow. This month's book is *My Dear I Wanted to Tell You* by Louisa Young

Over-50s Club
Thurs, 10am-12noon, Beckton Globe

Chess Club
Mon, 5.30-7.30pm, East Ham
Thurs, 5.30pm-7.30pm, Stratford

Employability Skills
ESOL class with a focus on creating a CV and communication skills for work.
Mon, 12.30-2.30pm, The Gate

Family Arts Club (3-12yrs)
Sat, 12noon-2pm, The Gate

ESOL Class
Tues, 9.30-11.30am, The Gate. English classes, women only

Coffee Mornings
Tues, 11am-12.30pm, Custom House
Wed 30 April, 10am-12noon, The Gate
Thurs, 10-11.30am, Canning Town

Do It Online (18+yrs)
Free six or eight week basic computer training. Advance booking required, contact library directly
Mon, 10-11.30am, Canning Town (term time only)
Mon, 10am-12noon, Manor Park.
Tues, 10am-12noon, East Ham
Wed, 2-4pm, Stratford

COMMUNITY ACTIVITIES

NCT Newham Groups
Bumps and Babies (up to 1yr)
A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email newhamnct@hotmail.com

Netmums Meetups
Bumps and Babies – Fri in various cafes around Newham.
Bumps, Babies and Toddlers – first Sat of month
Various other meet ups scheduled throughout the year for all the family. Join the facebook group: Netmums Meetups: Newham, visit www.netmums.com or email jojostevie@live.com

Royal Docks Learning & Activity Centre
Mon, Employment Support sessions, by appointment only
Tues, Bingo, 10am–12noon, £1
Parent and Toddler group, £1, 10am-12noon
Weds, Coffee Morning, 9.30-11am
Keep fit class, 10-11am, £1
Learn to Earn – Employment Support Drop-in, 1-2pm
Sewing Classes, 10am-12noon, £1
Job Club, 10am-2pm
Shop and drop (60+), 10.15am
Women's Keep Fit, 10-11am, £2
Needlecraft, 10am–12noon, £1
Job Club, 10am–12noon
Thurs, Tai Chi, £2, first session free, 10.30am-12noon
Line Dancing for 50+, 1–3pm, £1
Royal Docks Learning & Activity Centre, Albert Rd, E16.

Punch out

Call 020 7476 9922
Visit www.rdlac.org.uk

Music Therapy
Term time sessions, 3-5yrs.
Thurs, 3-4pm, Shrewsbury Children's Centre, E12. Call 020 3373 6050
Fri, 2.15-3.15pm and 3.45-4.45pm, Susan Lawrence Children's Centre, E12. Call 020 3373 7227
www.newham-music.org.uk

Guitar Lessons (7+ yrs)
Fri (during term time), 3.30-5.30pm. The Garden Community Café, 7 Cundy Rd, E16. Call 020 7474 5257

Table Top Sale
Sell your goods. £5 a table. Last Sat of every month, 9am-2pm, Jack Cornwell Community Centre, E12. Call 020 8553 3459

BOXING AND SELF DEFENCE

Mon, Wed, Fri, 5-6pm West Ham Boys ABC 9+yrs, The Black Lion, 59-61 High St, E13. Call 020 8472 3614
Mon, Wed, 6.30-7.45pm, white collar boxing.
Mon, Wed, 6.30-8.45pm, kickboxing. Mon, Wed, Fri, 7-8.30pm Muay Thai. Peacock ABC, 8+yrs, Caxton St North, E16. Call 020 7511 3799
Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs
Mon to Fri, 5-9pm, 14+yrs
Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16+yrs)
Fri, 4-5pm, Katherine Rd Community Centre, 254 Katherine Rd, E7.

Shoujin Karate
Newham Shoujin Karate, Wed (term time only), 4.30-5.30pm Fri, 6-7pm and 7-8.30pm. Sun, 10-11am. Under-15yrs £4, 18+yrs £6, concs £5. Newham Leisure Centre. Call 07508 070 638
Docklands Shoujin Karate, Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under-15yrs £4, 16+ £6, concs £5. UEL SportsDock, call 07766 685 869

Gurumu Taekwondo
Mon and Wed, children 6-7.30pm, juniors and adults 7.30-9.30pm. Monega Primary School, Halley Rd, E12. Call 07931 709 140

JFI Karate Academy (6-17yrs)
Mon and Wed, 5-6pm, first class free. The Hartley Centre, E6

JFI Karate Academy (3-6yrs)
Wed, 4.15-5pm, The Hartley Centre, E6.

Intense Fitness (14+)
Workouts, boxing and wrestling. Fri, 8.30-10pm, £5. The Hartley Centre, E6. Call 07878 253 642

Boxing (Newham College)
Mon, 5-6pm, East Ham Leisure Centre, E6.
Wed, 4-5.30pm, UEL SportsDock.

Tai Chi Chuan
Mon, 8pm, Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07958 293 200
www.absolutetaichi.co.uk

Athletics

Stratford Judo Club
Competition training, juniors (8-14yrs), Tues and Thurs, 6.30-8pm; seniors (15+ yrs), Tues and Thurs, 8-9.30pm.
Beginners, juniors (8-14yrs) Wed, 6.30-7.45pm; seniors (15+ yrs), Wed, 7.45-9.15pm. From £2 per class. Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07985 601 260 www.stratfordjudo.com

Tang Soo Do
Mon and Thurs, 7- 8.30pm, Our Lady of Compassion Church Hall, E13. Call 07768 394 725

Tang Soo Do
Tues, 7.30-8.30pm, The Hub, Canning Town. Sat, 1-2.30pm, Eastlea Community School, E16. Call 07725 948 426

NCFE Sports – MMA
Weds 5.30pm, boxing, muay thai, judo, kickboxing. Newham College, High St South, E6. Newham College participants register at sports@newham.ac.uk or call 020 8257 4255. External participants register at ruqsanabegum2k@hotmail.com Call 07984 009 135

HEALTH AND FITNESS

Lifestyle Health Assessment
Want to get fit for summer? Claim a free lifestyle health assessment contact neusa@5starphysique.co.uk www.5starphysique.co.uk

Janice's Fitness
Mon, 7.15-7.45, flatter abs, £3 The Hartley Centre, E6

Zumba classes
Thurs, 7.30-8.30pm, London Tamil Sangam, 369 High St North, E12, £5. Wed, 7-8pm, Hathaway Community Centre, Hathaway Cres, E12. Call 07720 805 505

Yoga
Weds, 6.45-7.45pm The Unitarian Church, West Ham Ln, E15. Tues 6.10pm and 7.10pm, Fri 10.30am, The Hub, 123 Star Ln E16. £6 (£4 concs). Call 07946 072 412 or visit www.om4health.co.uk

Twisted Pink Street Dance
7-11yrs, Thurs, 6-7pm, St Luke's Church, Tarling Rd, E16. 12+yrs, Fri, 6-7pm, Maryland Studioz, 84 Leytonstone Rd, E15. £3. Call 07961 544 017, visit www.twistedpink.org.uk

Zumba
Mon and Thurs, 6.30-7.30pm, £5. Plaistow Community Centre, 63 Queens Rd West, E13. Call 07916 327 541

Zumba fitness
Weds, 7.15-8pm, £3.50 Vicarage Lane Community Centre, Govier Cl, E15. Call 07759 020 955

Zumba with Jessica
Mon, 6.30pm, £2.50 Asta Community Hub, 14a Camel Rd, E16
Sat, 9.30am, circuits £4, Community Resource Centre, 200 Chargeable Ln, E13. Call 07884 951 484

Unity Zumba
Mon and Wed, 8-9pm, Hartley Centre, 267 Barking Rd, E6. Tues, 8-9pm, and Thurs, 8.15-9.15pm, St Mark's Community Centre, 218 Tollgate Rd, E6. Sun, 6.30-7.30pm, Well Community Centre, 49 Vicarage Ln, E6. £5. Call 07886 884 573

50+ ACTIVITIES

Newham LGBT Dinner Club
First Thurs of each month, 6-9pm, free, but you pay for your own dinner. The Golden Grove Pub, 146-148 The Grove, E15. Ask the bar staff for the Opening Doors Group. Call 020 7239 0447

Newham Striders
Daily walking group Call 0844 414 2728

Ballroom Dancing
Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £2.50 per session. Call 07761 209 463

Nordic Walking
Wed, 9.30am. Meet at Lord Lister Health Centre, E7. Not suitable for wheelchairs, £2. Call 07783 660 429
Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13
Sun, 10-11.30am, Meet at East Ham Leisure Centre, E6

GREEN

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club
Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

DOORSTEP CLUBS

Call 0844 414 2728 unless otherwise stated.

Gym & Basketball (14+yrs)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

Stunt & Tumble (14+yrs)
Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Way, E6. Call 07866 612 610

Athletics Club (14+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756.

FEMALE SPORTS

Basketball Sessions
Women only, Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Girls Spinning (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Female Only Gym Sessions
Tues and Thurs, 3.30-5pm. 11-15yrs. Mon, 3-4pm, 16-25yrs. Newham Leisure Centre, E13

Female Boxfit (14+yrs)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13 Call 07970 783 526

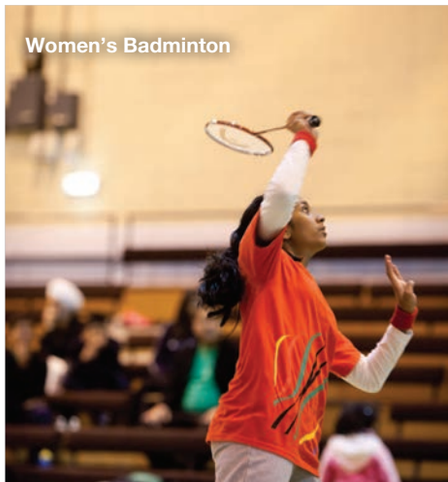
Girls Football (11-16yrs)
Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm, Memorial Park, E15

Sheila's Yummy Mummy Buggy (16+yrs)
Mon, 10-11.30am, £5, Central Park, High St South, E6 (meet outside cafe in the park) Fri, 10-11.30am, Plashet Park, Plashet Grv, E6. Call 07908 614 958

Zumba and Tone
Tues, 1-2pm, £1. St Bartholomew's Church Hall, Barking Rd, E6 Call 07944 775 679

Ab-Attack
Mon, 7.15-7.45pm, £3 The Hartley Centre, E6. Call 07818 000 643

Sonia's Circuits (16+yrs)
Tues and Fri, 10-11am, £4, Ridley Christian Centre, 94 Upton Ln, E7. Call 07763 230 106


Women's Badminton

Body Blast (16+yrs)
Tues, 6.30-7.15pm, £5, Weds, 12.30-1.15pm, £5, Thurs, 12.30-1.15pm, £5, Fri (miniblast), 6.30-7pm, £2.50. Talent Central, Unit 27a, 3 Armada Way, Gallions Reach Shopping Park, E6. Call 07866 612 610

Abs Blast (11-15yrs)
Thurs, 5.30-6pm, £3.10, Newham Leisure Centre, E13.

Women United AFC (11+yrs)
Mon (term time only), 6-7.15pm, £1, Kingsford School, E6. Call 07792 932 979

Athlefit (14-18yrs)
Athletic fitness, Wed, 5.30-6.30pm, £1. Flanders Community Centre, Napier Rd, E6. Call 07718 394 756

Keepfit
Wed, 10am, £1, Chandos East Centre, E15. Call 07950 944 095

Just Play (14+yrs)
Wed, 6.30-8pm, multi-sports (term time only). Cumberland School, Oban Cl, E13. Call 0844 414 2728

Get Back into Netball
Tues, 6-7.30pm, juniors, 7.30-9pm, seniors, £2. Lister Community School, St Mary's Rd, E13. Call 07717 281 529

Women's Badminton
Fri, 1-2.30pm, East Ham Leisure Centre, E6, £2, equipment provided. Call 07930 162 505

Keep Fit – Stay Fit
Sat, 10-11am, £3.50. Jack Cornwell Community Centre, E12. Call 07795 064 116

Women's Zumba
Thurs 7-8pm, £4, Durning Hall, Earlham Grv, E7. Call 07884 951 484

Ladies Only Keep Fit
Weds, 10am, £1, Chandos East Centre, Chandos Rd, E15. Thurs, 10am, £1.50, Rokeby Centre, Rokeby St, E15.

Julie's Mums On The Run
Weds, 10-11.30am, £5, or bring a friend and both pay £4 each. Abbey Lane Park, Stratford E15. Call 07961 374 772

So Karate
Self defence carnival workout, Thurs, 1.30-2.30pm, £2, creche available. Beckton Globe, E6

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Family Swims for Disabled Children and Adults
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 07931 788 739
Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, £5. Call 020 7476 5274

Swim for Families Dealing with Autism
Wed, 4-5pm, Balaam Leisure Centre, E13. Call 020 7476 5274

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 020 7511 4477

Athletics (8-18yrs)
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, 1 St George's Rd, E7. Email cnourrice@englandathletics.org

Ability Club (14-25yrs)
Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13.

Trampolining Sessions (U19yrs)
Tues, 4.30-5.30pm, U19yrs, Newham Leisure Centre, E13. Call 020 7511 4477

Mixed Swimming Sessions
Wed, 10am-12noon, East Ham Leisure Centre, E6. Call 020 8548 5850

Sensory Play
For children under five with special needs, speech and language delay or physical disabilities. Term time only. Fri, 10-11.30am, Oliver Thomas Children's Centre, Mathews Ave, E6. Email kathy.holdsworth@oliverthomas.newham.sch.uk or call 020 8821 0997

Disability Basketball
Fri, 4-5pm, NewVic, E13.

RUNNING

East End Road Runners
Tues and Thurs, 7pm
Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647

Run England
£2 unless stated.
Sun, 10am-12noon, Newham Leisure Centre, E13, (meet on track).
Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track).
5.45-6.45pm, Newham Dockside, E16 (meet at reception)
Tues, 6-7pm, Newham Leisure Centre, E13 (meet on track).
Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception)
Thurs, free, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception)
Sat, 10-11.30am, East Ham Central Park, E6 (meet at the café)
10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion)
10-11.30am, Memorial Park, E15, £4 (meet at car park)
Call 07718 394 874

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

SPORTS

BMX (6-16yrs)
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Fencing

Indoor Cricket (8-16yrs)
Weds, 6-8pm, £2, Lister Community School, St Mary's Rd, E13, email paul.farthing@activenewham.org.uk

Swimming (5-16yrs)
Newham Young Britons ASC Sat, 6.15-7pm. £2, Newham Leisure Centre, E13. Call 07956 304 518

Woodside Badminton Club
Fri, 7.30-9.30pm, intermediate and club standard. £5 waged/£3 unwaged, Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07956 150 240

Fencing with Newham Swords
Tues, 6-9pm, Thurs, 6-9pm Fri, 7-10pm. Classes for adults (18+) and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

Badminton
Thurs, 7-9pm (term-time only). £5 for a court and bring a racquet. Little Ilford School, Browning Rd, E12. Call 07944 117 263

Table Tennis
Tues, 4.45-6pm, NewVic, E13. Thurs, 6.30-8.30pm, UEL SportsDock

FOOTBALL

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13.

Premier League (16+yrs)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13.

WHU Kicks
Mon, Tues, Fri, 4-7pm,

Football

WHUCST, Beckton 3G, 60A Albatross Cl, E6.
Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12.
Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15.
Sat 10.30-12noon, Newham Leisure Centre, E13.

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13.
Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16.

AIR Football (16+yrs)
Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15.
Fri, 3-5pm, Beckton Powerleague, E6.
Visit www.airfootball.co.uk

Ascension Football
£3. Reception to 11yrs, Sat, 10-11.30am. King George V Park, King George Ave, E16.
Call 07806 584 925

Men's Health Football Fitness Sessions
Sat, 10-11am, West Ham United Community Training Facility, 60a Albatross Cls, E6.
Call 020 7473 7724

BASKETBALL

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Youngbloods Basketball
All sessions cost £1.
U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6.
U13/14yrs boys, Mon, 6-8pm and Weds, 4.30-6pm, St Angela's School, E7.
U13/14yrs girls, Mon, 4.30-6pm and Weds, 4.30-6pm, St Angela's School, E7.
U15/16yrs boys, Tues, 6-8pm, St Angela's School, E7.
Thurs, 8pm, St Bonaventure's School, E7.
U17/18yrs boys, Mon and Wed, 8-10pm, St Angela's School, E7. Call 07958 307 657

Newham All Star Sports Academy (NASSA)
Sessions £1 unless indicated.
Juniors, Fri, 4-6pm Cumberland School, Oban Cl, E13.
National league U13yrs, U14yrs, U16yrs, Tues, 6-8pm, Rokeby School, Barking Rd, E16.
National league U18yrs, Tues, 8-10pm, Rokeby School, Barking Rd, E16.
National league U13yrs, U14yrs, U16yrs, Thurs, 6-8pm, SportsDock.
National league U18yrs, Tues, 8-10pm, SportsDock.
Junior boys and girls, Sat, 10.20am-12.20pm, SportsDock, £2.
Call 07703 503 995.
www.nassasports.org.uk

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs Rokeby School, Barking Rd, E16.
Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, Oban Cls, E13

Senior Programme
Mon, 7.30-9.30pm Division 2 women and division 3/4 men. Rokeby School, Barking Rd, E16.
Call 07947 401 616

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12.
Thurs, 6-8pm (15+ yrs), NewVic, E13 Until 1 May

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12.

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless specified.

Thurs 8 May, 7.30pm, Governors' Forum, Council Chamber
Visit **www.newham.gov.uk/committee** for updates.

CONTACT THE MAYOR

Walk-in surgery
Please register 30 minutes before surgery starts.
Thurs 1 May, 11am, Stratford Town Hall, 29 Broadway, E15

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St
The Gate 6-8 Woodgrange Rd, Forest Gate, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies (limited postal and email service only) call: 020 3373 6881 email: archiveslocalstudies@newham.gov.uk
Community Outreach Services To find out more call 020 3373 0813

CENTRE CONTACTS

Balaam Leisure Centre Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
The Hartley Centre 267 Barking Rd, E6
Jack Cornwell Community Centre Jack Cornwell St, E12
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Way, E16

All listings may be subject to change, please contact individual events and activities before attending.

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Basketball

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